

ABSTRACT

A method for forming a film on a surface of a base so that the film can impart good peeling property between the base and an object to be treated when the object contacts the
5 base. A film formed by the method is also provided. Cooking oil 2 applied to a surface of a plate 1a is brought into contact with a flame, so that a film 7 imparting a peeling property relative to the plate 1a is formed. As the film 7 displays an excellent peeling property when a foodstuff 8 contacts the plate 1a with the film 7 formed therebetween, a good releasing property between the plate 1a and the foodstuff 8 can be obtained. As the film 7 is capable of
10 being regenerated easily, it is possible to prevent easily and semi permanently the foodstuff 8 from firmly sticking to the plate 1a even though the foodstuff repeatedly contacts and releases from the plate 1a.

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